

Packing List - Travel - Seven Days		
Packing gear		
Backpack	Trip length determines volume	
Packing accessories	packing cube(s); folder; toiletry, electronics, laundry bags	
Alternate bag	packable for use as additional carry-on	optional
Wallet		
Footwear		
Shoes	alternate: sandals, boots	
Slippers	alternate: minimalist shoes	optional
Socks	x3 (2x thin wool, 1x thick wool)	one worn, two packed
Gaiters		optional
Legwear		
Pant	heavy duty nylon	2nd dress pant optional
Shorts	x2 (1x nylon, 1x cotton), alternate: swimtrunks	optional
Underwear	x3 synthetic	one worn, two packed
Tights	synthetic	optional
Belt	worn	
Torsowear		
SS Shirt	x4 (2x wool/synthetic, 2x cotton)	one worn, three packed
LS Shirt	x1 (1x synthetic, 1x button-up)	one worn, one packed
Sweater	wool	optional
Necktie		optional
Jacket	rainshell	
Jacket	softshell	optional
Jacket	insulated	optional
Vest	insulated	optional
Headwear		
Hat	wool toque	optional
Hat	ballcap with visor for sun	
Earplugs		optional
Sunglasses	case, alternate lenses, and cleaning cloth	
Scarf		optional
Handwear		
Gloves	work-ready and/or dressy depending on trip focus	2nd set optional
Gloves	puffy mitts or wool gloves for cold climates	optional
Watch		
Accessories		
Book	low-volume, lightweight paperback preferred	optional
Knife		
Keychain	key(s), mini-light, carabiner	
Notepad	Sharpie, pen, and pencil	
Documents	id/passport, cash, credit, atm, insurance, tickets, maps	
Electronics		
Phone	charger, headphones	
Computer	mouse, charger, jump drive	optional
Flashlight	alternate: headlamp	
Sleepgear		
Sleeping bag	lightweight and packable	optional
Pillow	inflatable	optional
Hygiene/Sustenance		
Water bottle	soft-sided for packability	
Coffee mug	metal insulated	optional
Towel	small, quick-drying	optional
Hygiene	teeth, deodorant, vitamins, zinc, first aid, sunscreen, lip balm	
Food	energy bar, sandwiches, chips, fruit, instant coffee	